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# Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

**Sunday, October 26, 2025**

## Love within the Roles

Love within the Roles people play

"The moment contains Love" "The purpose of incarnation is to learn the ways of Love" This is unconditional Love- Love self and Love others...any suffering ever experienced is a challenge that leads to growth.

So in this case going through suffering in your life led you to be the compassionate loving person you are today. Remove all judgment and forgive others for their selfish actions hurting you and forgive yourself for being hurt. You don't condone the selfish actions of others but you release the pain experienced through forgiveness releasing all connections of them to you. This allows Grace to flow to you and heal you to make you more whole which is growth and evolution.

Then with your cup filled with Love you are able to step into loving service and help others going through hard times fill their cups of Love as you are now a source of compassion. "What you choose for yourself, give to another."

Everything and everyone is an expression. People make choices of Service to Others or Service to Self. Free Will is in maximum expression here, hence the two dualities. Both exist for contrast to make choices as part of the unfolding of Free Will. Here is what you can do to offset selfish actions.

You can say no to Service to Self actions because they conflict with your Service to Others alignment, recognize them as expressions of the One, and forgive without condoning, maintaining your spiritual integrity while serving others. Keep your own inner alignment to Service to Others and Serve Others in action to offset Service to Self.

Every STS action (selfishness, control, harm) creates an energetic imbalance in collective consciousness.

STO action—compassion, service, kindness, protection—helps restore balance, like adding counterweights on a scale.

Poem:

Please Call Me By My True Names

By Thich Nhat Hanh

Don’t say that I will depart tomorrow—

even today I am still arriving.

Look deeply: every second I am arriving

to be a bud on a Spring branch,

to be a tiny bird, with still-fragile wings,

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**Chris Comish**

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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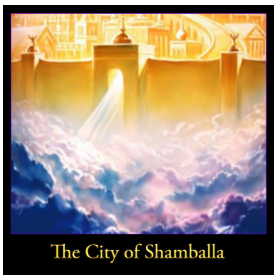


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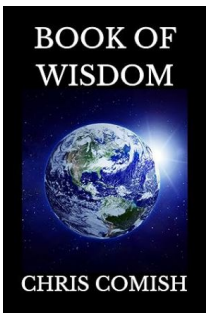


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learning to sing in my new nest,

to be a caterpillar in the heart of a flower,

to be a jewel hiding itself in a stone.

I still arrive, in order to laugh and to cry,

to fear and to hope.

The rhythm of my heart is the birth and death

of all that is alive.

I am a mayfly metamorphosing

on the surface of the river.

And I am the bird

that swoops down to swallow the mayfly.

I am a frog swimming happily

in the clear water of a pond.

And I am the grass-snake

that silently feeds itself on the frog.

I am the child in Uganda, all skin and bones,

my legs as thin as bamboo sticks.

And I am the arms merchant,

selling deadly weapons to Uganda.

I am the twelve-year-old girl,

refugee on a small boat,

who throws herself into the ocean

after being raped by a sea pirate.

And I am also the pirate,

my heart not yet capable

of seeing and loving.

I am a member of the politburo,

with plenty of power in my hands.

And I am the man who has to pay

his “debt of blood” to my people

dying slowly in a forced-labor camp.

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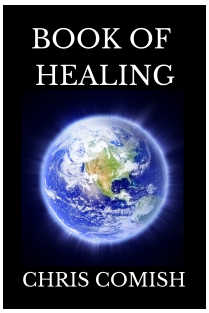


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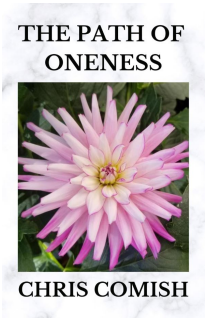


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My joy is like Spring, so warm

it makes flowers bloom all over the Earth.

My pain is like a river of tears,

so vast it fills the four oceans.

Please call me by my true names,

so I can hear all my cries and laughter at once,

so I can see that my joy and pain are one.

Please call me by my true names,

so I can wake up

and the door of my heart

could be left open,

the door of compassion.

Divine blessings to you always. Much love

Read about the Law of One here http://www.lawofone.info

- October 26, 2025

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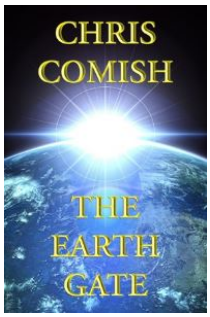


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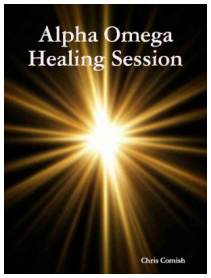


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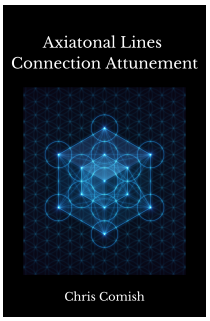


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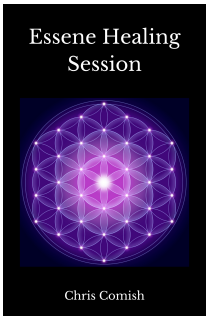


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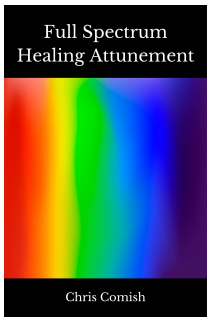


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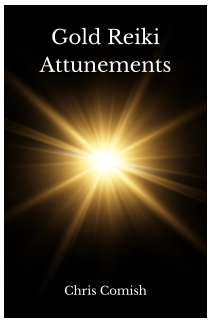


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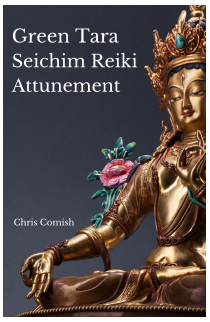


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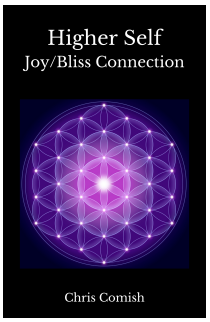


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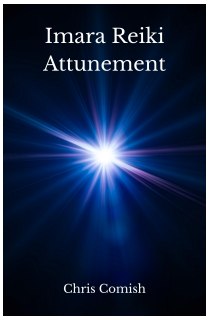


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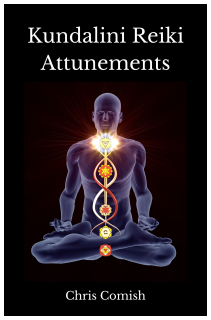


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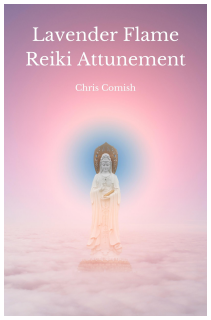


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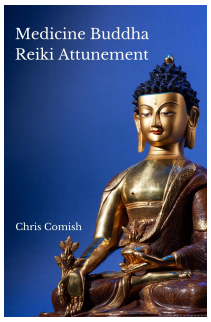


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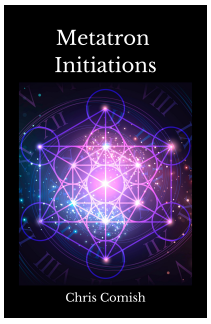


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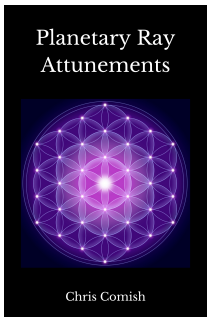


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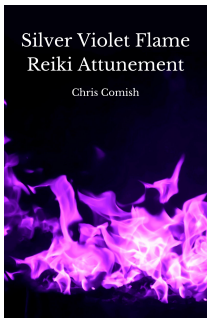


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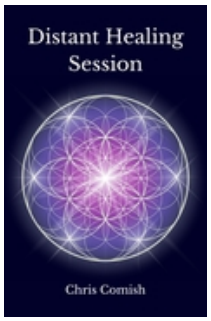


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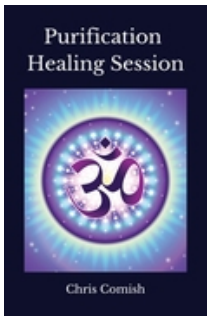


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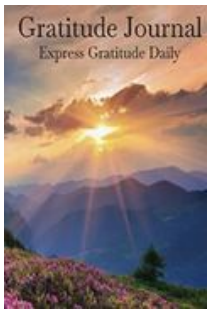


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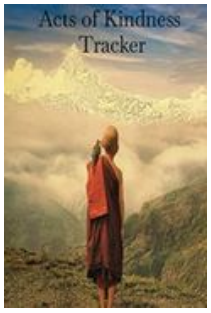


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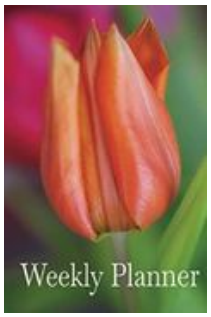


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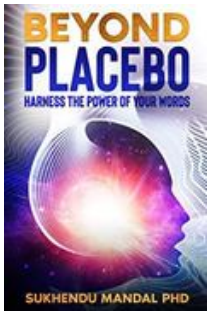


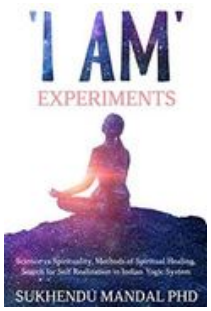


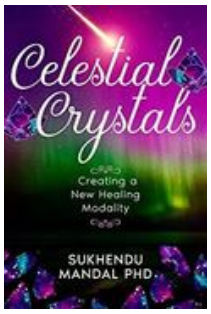


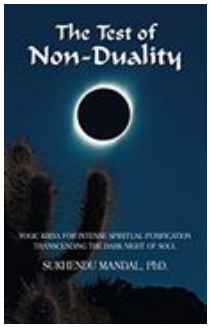


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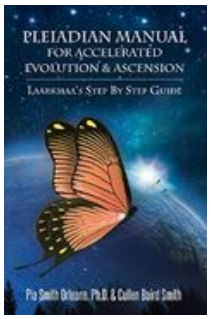

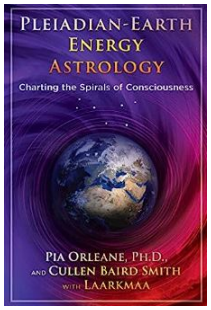
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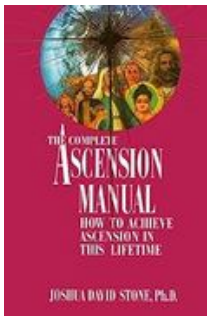
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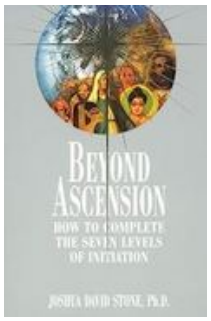
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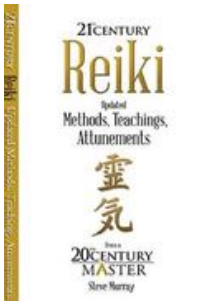
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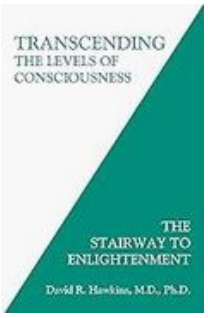
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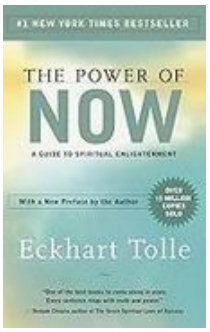
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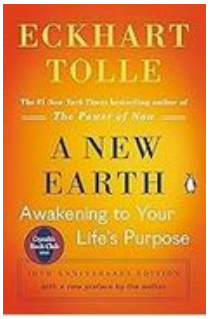
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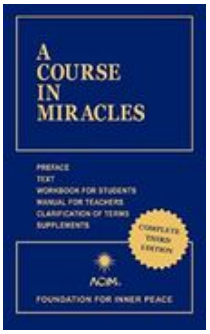
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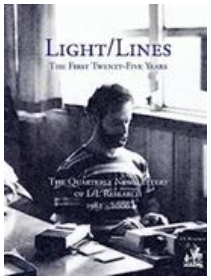
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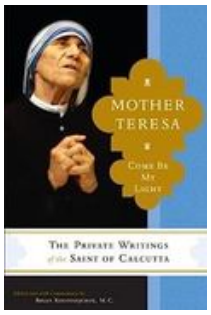
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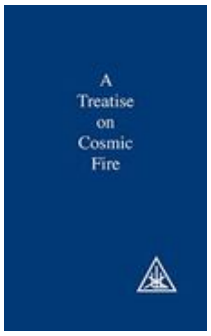
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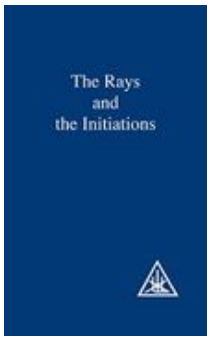
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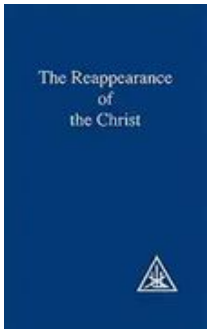
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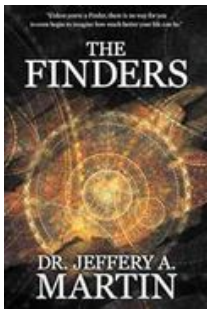
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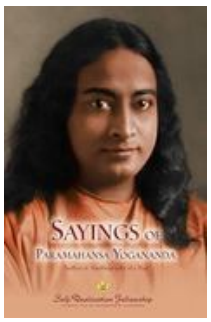
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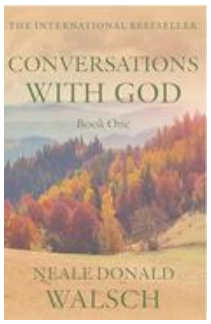
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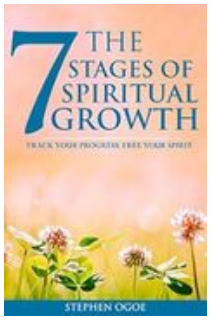
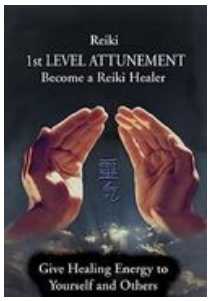
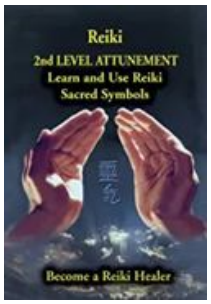
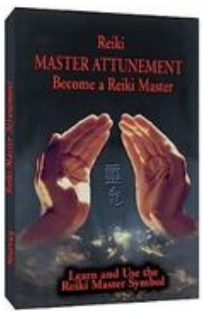
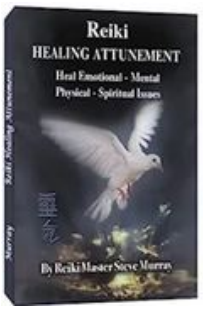



Recommended DVDs (These started Chris Comish's Reiki journey in 2006)



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- Solstice Transmission with Anrita Melchizedek
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